

Feeding the Family

By ZOLA VINCENT
Food Editor

It's Going to be a Grate Day

With Fun Food on the Fourth
For a bang-up Fourth of July for any other summer day for that matter, there'll be steaks for sizzling, broilers for the browning, hamburgers for the browning, hamburgers for feeding the hungry horde; all being twisted and turned on a grate over glowing coals in the great outdoors.

There'll be foil-wrapped surprise delights served in the natural juices right in the foil in which they've been cooked on the open grill. Potatoes and roasting ears will be enveloped in foil and baked for ease of cooking and serving.

Many use foil for lining the grill before putting in the charcoal thus creating a sun bowl effect that causes the heat to be reflected upward concentrating heat on the food for quicker, more efficient cooking.

Steak Secrets

Steak should be at room temperature when put on the grate, grill or grid as it makes it easier to estimate grilling time. Rub grid with cooking oil or a piece of fat.

Steak is ready to turn when juices come to the surface of the uncooked side. Turn steak only once. Always use tongs for flipping steak because a fork pierces the meat and lets juices escape.

Seasoning of meats is a matter of choice. For just plain good beef favor, season cooked side with salt and pepper after turning or after barbecuing is done. We know a man who puts several cloves of garlic on the "coals" during barbecuing.

Superior steaks for broiling are sirloin and Porterhouse cut 1½ inches thick, tenderloin or fillet of beef, T-bone steaks.

Broiler Halves

Buy 1½ to 3 pound, ready-

to-cook broiler-fryer chickens. Have them split and joints cracked. Brush grid and chicken halves with cooking oil. Lay chicken halves on grid, cut side down. Sear about three minutes on each side. Baste with cooking oil; turn. Raise grid about three inches above coals. Barbecue chicken halves 25 to 35 minutes, basting and turning often.

About Burgers

For tender burgers have fresh meat medium or coarsely ground. If meat is lean, have two ounces suet ground with each pound. For beef burgers buy round steak, chuck, flank or sirloin tip.

For pork, veal or lamb burgers, buy shoulder or leg cuts. Pork and veal must be thoroughly cooked before serving. One pound of meat makes four to six patties.

Corn on the Coals

Husk ears of corn, trim as usual, lay on double thick layers of aluminum foil. Place on hot coals or grate and cook about 10 minutes turning once or twice. Corn will stay hot, moist and full-flavored until last ear is eaten.

Foiled Potatoes

Make several holes in baking size potatoes. An ice pick is good for this. Rub potatoes with butter, margarine or bacon fat and wrap in double thickness of foil. Place on grill and cook until done, turning occasionally. Average size potato takes 45 to 60 minutes. Pierce through with ice pick or two-line fork to test for doneness. Make cross on each potato; squeeze to fluff up inside. Serve with butter and dairy sour cream.

Chicken Breasts, Vegetable Medley Fine Fare Any Day

For the holiday or any special day, we warmly recommend this flavorful party



FOILED FOOD—A great deal of food is going to get cooked over the coals this summer, and much of it is going to be done in aluminum foil. Consider this beautifully seasoned chicken accompanied by a vegetable medley, iced tea and rich dark chocolate cake.

food fresh from the grill. Chicken breasts cooked in foil, topped with a delicious sauce and accompanied by a zesty over-the-coals vegetable medley that includes our west coast's fine fresh mushrooms. Aluminum wrap makes this elegant fare easy to prepare, does away with serving dishes if you wish, thereby practically dispensing with cleaning up.

4 whole chicken breasts
½ cup butter or margarine
2 tablespoons lemon juice
¼ teaspoon salad herbs
¼ teaspoon onion flakes
¼ teaspoon salt

Freshly ground pepper
1 cup medium thick white sauce
½ cup blanched almonds, sliced and toasted

Place chicken breasts on squares of heavy duty aluminum wrap. Melt butter and add lemon juice and seasonings. Pour over chicken, coating each piece well. Seal foil to make airtight packages.

Place on grill and cook 45 minutes, turning once. Prepare white sauce using part cream. With a barbecue mitt to protect the fingers, pick up each chicken package, open one end and pour juice into white sauce. Beat sauce with a whip or fork until light.

Now turn back foil on each chicken package, pour over the sauce and sprinkle with toasted almonds. Eat right from the foil.

Vegetable Medley

We combine zucchini slices, plentiful fresh mushrooms with delectable seasonings. Tear off 18-inch squares of heavy duty aluminum wrap.

For each four servings, slice four zucchini in one-quarter inch thick slices and place in center of foil. Add one medium onion, sliced and one-half pound fresh mushrooms, sliced in various packets. Sprinkle with combination of one small clove garlic, minced, one-half teaspoon salt, freshly ground black pepper. Dot with butter using maybe two tablespoons. Seal the foil and make an airtight package and place on grill. Cook 45 minutes over a medium hot fire. No need to turn.

Dark Chocolate Cake Everybody's Favorite

This home made cake is so easy to make and bake. Try it now and you'll be repeating it throughout the summer giving pleasure to all fortunate enough to share your hospital-

ity. Family too will say that you're a great cake baker.

3 squares, unsweetened chocolate
½ cup water
1 cup dairy sour cream
2 cups sifted cake flour
1 teaspoon baking soda
1 teaspoon salt
1½ teaspoons baking powder
2/3 cup butter
2/3 cup firmly packed light brown sugar
3 eggs
2 teaspoons vanilla

Place chocolate and water in saucepan over very low heat until chocolate is melted, stirring until blended. Cool thoroughly; then add dairy sour cream, mixing well. Meanwhile, measure flour; add soda, salt and baking powder; sift together.

Cream butter and sugars. Add eggs, one at a time, mixing well after each. Add vanilla and beat. Add dry ingredients alternately with dairy sour cream mixture, mixing well after each addition. Pour batter into 13 x 9 inch foil-lined pan. Bake in slow oven, 325 degrees, 50-55 minutes. Cool. Spread any flavored frosting or frosting mix over top of cake.

South Sea Hot Dogs

Drain canned, crushed pineapple. Slit hot dogs lengthwise, leaving one side hinged. Fill each hot dog with drained pineapple and wrap a slice of bacon around it; secure with wooden picks. Barbecue, turning several times, until bacon is cooked and hot dogs are heated. Serve in toasted frankfurter rolls.

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Workshop Studies Problems Of Able And Gifted Child

Eugene—For several years, school districts have offered special programs for retarded students, but few, if any, for gifted students. Recently, educators have recognized the need of the gifted child for special training.

Now, the problem exists of interpreting this need to the public in order to gain community support for school programs for the gifted, explained Dr. Richard H. Hinze, director of a summer workshop at the University of Oregon.

This is one of the problems being explored by students in the "Program for the Able and Gifted" workshop, which is primarily concerned with the administrative problems of special programs for able and gifted students. The 20 graduate students enrolled in the program are exploring research in the field of gifted students, and attempting to relate it to the gifted student programs in Oregon.

Dr. Hinze, assistant superintendent of the Inglewood, Calif., school district, said educators define the gifted student as one in the upper two per cent of the population; the more able student as one not in the top category, but who is capable of doing more than the average student; and the talented student as one who has talent in a given field without being necessarily gifted.

In accord with past educational philosophy, these students were taught at the same rate as those with average capabilities. The result was that many of the more advanced students became bored with learning and lacked intellectual curiosity, Dr. Hinze asserted.

Dr. Hinze cautioned that these programs must be handled properly. "You have to be careful not to set up a class of the 'intellectual elite,'" he said. But he added that the advanced students are able to grasp abstracts, such as American concepts of freedom and equality, which should offset any notions of an elite class.

The role of the teacher is very important in programs for the advanced student, Dr. Hinze continued.

"Good teachers have to recognize that some students will be more brilliant than they are," he said. "But teachers have the advantage of maturity" which makes up for intellectual differences.

Dr. Hinze said that progress in establishing programs for the gifted is being made, and that most school districts are attempting to refine such programs.

Dr. Hinze received his degrees at Stanford University. He did his doctoral research on the able and gifted student. He has taught summer session courses at San Francisco State, Arizona State, the University of California at Berkeley and the Claremont Graduate School. He taught a workshop at the University of Oregon in 1960.

NOT TOO 'COLD'

Oakland, Calif.—Paul Garcia was granted an interlocutory divorce Wednesday on a claim that his wife was "cold and indifferent." The couple has eight children.

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